

VOLUME 23
ISSUE 7

JULY/AUGUST
2021



COAlition

MILLIS COUNCIL ON AGING
900 MAIN STREET MILLIS, MA. 02054
508-376-7051

MONDAY-TUESDAY-WEDNESDAYS 9-4:00 THURSDAY 9-2 FRIDAYS 9-12:30

Friends of Millis' Council on Aging

President: Bryan Riley
Vice President: Steve Howie
Secretary: Everard Huggan
Treasurer: Brooks Corl
Member: Carole Greco

Council on Aging Board Members

Chairperson: Herbert Lannon Jr.
Vice Chair: Christine McCaffrey
Secretary: Helen Daly
HESSCO Representative: Open
Member: William Brown
Member: Lisette Walter
Member: Elizabeth Derwin

Staff (508) 376-7051

Director: Patty Kayo pkayo@millisma.gov
Outreach: Open
Transportation:
Linda Stetson lstetson@millisma.gov
Drivers:
Robert Daly
Herbert Lannon Jr.

State Representative:

David P. Linsky: 617-722-2575
Shawn Dooley: 617-722-2810
Senator, Rebecca Rausch: (617) 722-1555

Select Board

Chair-Peter Jurmain: pjurmain@millisma.gov Vice Chair-Erin Underhill: etund-erhill@millisma.gov Clerk- Craig Schultze: cschultze@millisma.gov

The Millis Council on Aging is committed to maintaining the highest level of independence with older individuals by developing and coordinating community care, reducing isolation and educating and improving the overall understanding of various community-based services. The Council also provides transportation for the elderly and disabled, a Supportive Day Program for those who are isolated or experiencing mild confusion/dementia, and a outreach program for those who are in need of information or referrals. We also house the Meals on Wheels Program. The Center is an intake site for the States Fuel Assistance Program and The Millis Fund and acts as a liaison to many state, federal and local programs.

St Patrick's Day in July Have you seen the new stoves at the Center? We will be putting them to use on **Wednesday, July 21st at noon** with home cooked corned beef and cabbage dinner with all the fixings. Make your reservations with payment of \$7 before July 14th.

Medication Safety Anne McManus, NP will give a talk about medication safety in the Senior Center on **August 11 at 11:00 in room 19**. Topics to be discussed include timing and storage of medication, knowledge of medication usage, actions to take if a dose is missed or taken incorrectly. It is very important to keep a current list of prescribed medications and know the reason they are prescribed. Please come and join this program. Walgreens has generously donated gift bags containing a pill box, lip balm, moisturizing lotion, stress ball and medication log.

Coyles Antique Roadshow Our annual Antique Roadshow with Coyles Auction Gallery from Medway will be held on **Wednesday, August 18th at 1pm** in room 18. Please bring in your valuables to be appraised. Some things to consider bringing in for appraisal would be toys, dolls, Hummel's, paintings, fine pottery, stoneware, coins, military items, or whatever else you may have lying around the house that you think may be of value. There is a \$4.00 charge per item for appraisal. All proceeds go to the Friends of Millis Council on Aging and are used to fund activities at the Center. Hope to see you here!

Painting with Amy Amy Adams is a Massachusetts artist who shares her passion with the public by using acrylics. Amy has always loved the use of paint to bring items and canvases to life. She believes that each object, canvas or space lives and carries an emotion. She uses that to inspire how she exhibits what she sees. Amy will be here **Monday, July 12th at 1pm** in room 18 to walk you through your own masterpiece "Painting Daisies". The cost is \$15.00 and sign-ups are required. Please reserve your spot by Tuesday, July 11th.



New Podiatrist Either Dr. Curley or Dr. Engelthaler from Main Street Podiatry will be here **Wednesday, August 4th from 9-11** to trim your toe nails and provide an initial evaluation of your feet. At **NO** cost to you. They accept most insurances with the exception of BMC. **Pre registration for appointments will be required.** We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that Home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

As long as Millis stays out of the red zone the restrictions will be lifted and it will be business as usual. If per chance we do go back to red zone, restrictions may be put back in place. Stay well!

Stretch & Strength Training DVD The Stronger Seniors workout program is safe and easy to follow. It will increase stamina and improve balance. This effective strength training program targets your upper and lower body. Come give it a try. We offer it every Tuesday and Thursday from 9-10 in room 18.

Technological Training for Multi- Devices Having trouble with your laptop, smart phone or tablet? Bob Bryant is available to assist you with any device that is giving you problems. Bob is very knowledgeable with technology and will be available by appointment any **Monday from 10-12 starting Monday, July 12th**. This is by appointment only. Please call the Center to schedule a session with Bob.

BLOOD PRESSURE CHECKS We have a registered volunteer nurse that will provide a blood pressure check for you every Thursday from 11:00-11:30 in room 21. Stop in and say hi and grab some free bread and pastry from Roche Brothers or Shaws on your way out.

FREE BREAD AND PASTRY is available on a daily basis every day in room 21 courtesy of Roche Brothers, Shaws, Country Kitchen and Blue Moon Bakery. We ask that you limit your take to what your immediate household needs so we will have enough for all that drop into the Center.

SCRABBLE This classic game is a great way to show off your vocabulary skills. The group meets every Monday at 9:30 in room 21. Coffee and pastry will be available.

Cribbage The game of Cribbage affords players both the anticipation of the luck of the deal as well as ample opportunity to exercise their skills in discarding and play. Come join the Cribbage group any Monday or Friday from 9:30-12. Everyone is welcome! Come on down!

BINGO Will be held every Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every 2nd and last Thursday of the month. Come on down!

HOLLY'S CHAIR YOGA In yoga class at the Senior Center we practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable.

The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset. I have practiced yoga for most of my life and have been teaching yoga at local Senior Centers for over 20 years.

Every **Friday at 10:00** in room 130. Cost is \$3.00 per class. Class will meet in room 18 on July 16th and 23rd due to room conflicts.

Line Dancing with Jean If you have interest in joining the "Silver Streaks" on **Thursday Mornings @ 10am in Room 18**, and have the basic rudiments of footwork used in Line Dancing, i.e., the grapevine, the jazz block, stomps, scuffs, taps, shuffle steps and pivots, come join us! The class is \$4.00 per class payable at the time of class. You must register with the Receptionist at the Sr. Center. For further information you can contact Jeanne Thompson @jat0535@comcast.net.



FITNESS ROOM: Monday, Tuesday, Wednesday 9-4 Thursday 9-2 Friday 9-12:30

Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millis-ma.gov. An annual fee of \$100 covers our maintenance costs and other related expenses. Please contact us at 376-7051 if interested. Hope to see you soon!

The Town of Millis offers help to individuals and families, both elders and non-elders, who need information and referrals for community, local, state or federal benefits. You may contact us yourself or call us, in confidence, with concerns or questions for a friend, neighbor, or family member. Outreach is available by appointment to assist with information, referrals, benefits counseling, support groups, age related issues and help in finding resources including, health benefits counseling, free legal counseling (advocacy) for housing/financial or other concerns. Please call about our services for senior citizens, adults, and families.

Looking for:

Drivers- Paid position, flexible hours and a great way to help out your neighbors. Training is provided.

We are looking into starting a poker group that would meet regularly. Please give the Center a call with suggested days/times. We will happily accommodate you.

Looking for someone be our Trip Coordinator. Trip Coordinator goes on all day trips FREE! Call Patty if interested.

We are looking for people who would like to teach a craft. Come share your knowledge with others. Wood working, knitting, painting, scrapbooking, drawing, weaving or needlework whatever your interest are. Give Patty a call if interested.

HESSCO Elder Services is looking for a Community Director is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board, and to formulate policy for the Corporation. The Community Director does not need to be a member of the Council on Aging, but does need to be a resident of the town. The board meets on the second Wednesday of the month at 9:30 at the HESSCO office. If you have any questions about the duties of a Board Member, please call Mary Jean McDermott at 781-784-4944

Senior Van Schedule

Monday thru Friday- Medical appointments available 8-1p.m.

2nd and 4th Thursdays— Bellingham Market Basket/ Walmart

Medical Appointments take priority over all trips

\$2.00 in town \$3.00 Medway/ Bellingham \$5.00 Framingham/Norwood \$20.00 Boston

Transportation to Medical Appointments We are available Monday through Thursday 8-2 Friday 8-12:30 to provide transportation to your local and Boston bound medical appointments. We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors. Our drivers are friendly and accommodating and will ensure your trip goes smoothly. Please call as soon as you get your appointment and we will do everything possible to assist you.

FOR TRANSPORTATION PLEASE CALL: (508) 376-7051



Shopping Did you know that we offer transportation to Market Basket and Walmart every second and fourth Thursday of the month at 8:00am (\$3.00) This is a curb to curb service. All passengers must be able to manage their own grocery bags in and out of the van. Please call the Center two days prior for a reservation. Happy shopping!

Transportation Coordinator:
Linda Stetson
376-7051
9-am -1pm

Medical and Shopping

- Hours 8-2. Monday - Thursday
Friday 8-12:30
- Masks are required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

Face masks are strongly suggested for entry to the Center if you have not been fully vaccinated

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h1>July</h1>			2. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga
				1. 9—10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo
				9. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga
				16. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga room 18
				23. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga room 18
5. 	6. 9—10 Strength Training DVD 9-4 Fitness Room 9:30-1 Crafty Ladies	7. 9-2 Fitness Room	8. 8 Market Basket 9—10 Strength Training DVD 9-4 Fitness Room 9 COA Board Meeting 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 SUPER Bingo	30. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga
12. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training 1 Painting with Amy	13. 9—10 Strength Training DVD 9-4 Fitness Room 9:30-1 Crafty Ladies	14. 9-2 Fitness Room	15. 9—10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo	16. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga room 18
19. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training	20. 9—10 Strength Training DVD 9-4 Fitness Room 9:30-1 Crafty Ladies	21. 9-2 Fitness Room 10 Friends Meeting	22. 8 Market Basket 9—10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo	23. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga room 18
26. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training	27. 9—10 Strength Training DVD 9-4 Fitness Room 9:30-1 Crafty Ladies	28. 9-2 Fitness Room	29. 9—10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 SUPER Bingo	30. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga

Kathy O'Neil
COA Kitchen
508-376-7056



Please call Kathy if you
are interested in deliver-
ing MOWs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training</p>	<p>3. 9-10 Strength Training DVD 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p>	<p>4. 9-11 Podiatry 9-2 Fitness Room</p>	<p>5. 9-10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo</p>	<p>6. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga</p>
<p>9. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training</p>	<p>10. 9-10 Strength Training DVD 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p>	<p>11. 9-2 Fitness Room 11 <i>Medication Safety</i></p>	<p>12. 8 <i>Market Basket</i> 9-10 Strength Training DVD 9-4 Fitness Room 9 COA Board Meeting 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 SUPER Bingo</p>	<p>13. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga</p>
<p>16. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training</p>	<p>17. 9-10 Strength Training DVD 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p>	<p>18. 9-2 Fitness Room 10 Friends Meeting 1 Coyes Antique Roadshow</p>	<p>19. 9-10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo</p>	<p>20. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga</p>
<p>23. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training</p>	<p>24. 9-10 Strength Training DVD 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p>	<p>25. 9-2 Fitness Room</p>	<p>26. 8 <i>Market Basket</i> 9-10 Strength Training DVD 9-4 Fitness Room 10-11 Line Dancing 11-11:30 Blood Pressure 12:15 SUPER Bingo</p>	<p>27. 9-12:30 Fitness Room 9:00 Walking Club 9:30 Cribbage 10:00 Yoga</p>
<p>30. 9-4 Fitness Room 9:30 Scrabble 9:30 Cribbage 10-12 Device Training</p>	<p>31. 9-10 Strength Training DVD 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p>	<h1>August</h1>		

FRIENDS of the Millis Council on Aging

Why should I donate to the Friends of the COA?

- ♦ The objective of The Friends of Millis' COA, Inc. is to help raise funds for the Senior Center by purchasing and donating to the Millis COA any items above and beyond what the town or the Commonwealth provides.
- ♦ All money raised is used for senior programs and activities to perpetuate the well-being of our senior citizens and to help enrich their community interest.
- ♦ Some familiar programs that are supported by the Friends are exercise classes, vehicles and other transportation needs, holiday meals, the annual volunteer luncheon, and many more!
- ♦ It's only \$6.00/year! This money goes a long way in supporting our Senior Community.
- ♦ If your mailing label has a \$ after your name it's time to renew your membership.

Thank you very much!

DUES \$6 INDIVIDUAL PER YEAR

Please mail checks to 900 Main Street, Millis

Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. Only seniors are eligible for benefits. *All donations are tax deductible.

Name_____

Address:_____

Your Tax Deductible Donation to the Senior Center Fits All Occasions

Your Name: _____

Address: _____

Donation Amount: \$ _____

Select One: *In Memory Of:* *In Honor Of:* *In Celebration Of:* *Donation For:*

(Please make checks out to the Friends of Millis, 900 Main Street Millis, MA. 02054)

A panic-stricken man explained to his doctor, "You have to help me, I think I'm shrinking."
"Now settle down," the doctor calmly told him. "You'll just have to learn to be a little patient."

What's the difference between a hippo and a Zippo? One is really heavy, and the other is a little lighter.

Why did the old man fall in the well? Because he couldn't see that well.

My girlfriend says if we don't get married soon, she's gonna kill me. It's a matter of wife or death.

Many thanks to those who support our activities through dues and donations.

You're the best!!!

Dues were received from: Steve Ciccariello, Vivian Waclawik, Pat Gillis, Kathleen & Bert Lannon, Barbara Koman, Joanne & Mark Basham, Barbara Hiscock

Dues with extra donations were received from: Margaret Kerns, Janice & Les Simpson, Sue Conte, Janet D'Eramo, Ralph & Maureen Whelihan, Edwin Perry, Carole & Kenneth McColl, Bonnie Hilton, Sheila & Michael Caulfield, Margaret Davies, Jeanne & Ed Cronin, Joni & Al Uliss

Donation for the Van was received from:

Donation was received from: Anonymous

Donation in memory of Nancy (Simpson) Clancy received from: The Millis Cemetery Committee

Donation in memory of Wayne Brown received from: Sheila & Michael Caulfield

Donation in memory of Edward P. Kerwin received from: Mary Lahnston

In Memory of:

David Walsh~ Domenic Deramo~ Susan McKenney~ Nancy Clancy~ Robert Healy~
Joan Allen





We are happy to announce that we will be resuming all programming that was in place prior to COVID. As long as the town stays out of the red zone we will continue on as usual.

If you have not been fully vaccinated we strongly suggest you wear a mask.



COALITION

MILLIS
COUNCIL ON
AGING

Millis Council on Aging
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900 Main Street
Millis, MA 02054
Phone: 508 376-7051
Kitchen: 376-7056
Fax: 508 376-7054

US POSTAGE
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Millis, MA
PERMIT NO. 17

This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis